ABSTRACT OF THE DISCLOSURE

A test recording is performed with respect to an optical disc prior to a regular recording, and a β value for setting a qualitative parameter relating to the level of the recording state within a preferable range is derived from a result of the test recording. Then, the recording velocity at which the derived β value or the writing laser power value is within the preferable value can be obtained. Therefore, the recording velocity at which the satisfactory recording can be realized with few recording errors can be determined. Further, a relation between a writing laser power value and a Δβ value is obtained from the reproduced signal from the test record area, and the writing laser power value is determined considering the Δβ value. Therefore, it is possible to determine the writing laser power value for performing a satisfactory recording even with the optical disc having a characteristic of a so-called β significant point at which the β value significantly changes with respect to the writing laser power value.